



# RESILIENCE WEEK VIRGINIA 2020

## 20 WAYS TO PRACTICE: MINDFUL MONDAY



#1 Talk to yourself kindly

#8 Take a moment of silence

#14 Prepare a healthy snack

#2 Try out meditation

#9 Write down what you are thankful for

#15 Take a long walk

#3 Exercise

#16 Drink water

#4 Unplug and talk to someone

#10 Tell someone you appreciate them

#17 Declutter 10 items

#5 DO SOMETHING JUST FOR YOU

#11 Play relaxing music

#18 Practice self forgiveness

#6 Set healthy boundaries

#12 Write goals and priorities for your day

#19 Express yourself through art

#7 Use the free Calm app

#13 Listen intently to the sounds around you

#20 Close your eyes and BREATHE

infograph created by:

